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What is claimed is:

- 1. A method for extraction of a proteinase inhibitor from plant material containing the proteinase inhibitor, comprising the steps of:
 - (a) preparing an extraction solution by adding to water an organic acid in a concentration between about 0.5 weight percent and about 2.5 weight percent and a salt in a an amount to provide between about 0.3 and 5.0 normality;
 - (b) adding the plant material to the extraction solution in a weight ratio of between about 1:1 and about 1:10 extraction solution to plant material; and
 - (c) comminuting the plant material in the extraction solution to reduce the mean particle size of the plant material to between about 100 microns and about 1500 microns.
 - 2. The method of claim 1 wherein the extraction solution is alcohol free.
- 3. The method of claim 1 wherein the organic acid is selected from the group consisting of acetic, ascorbic, citric, and formic acid.
- 4. The method of claim 1 further comprising the step of filtering the slurry to remove a portion of the particles leaving a clarified liquid extract which contains the extracted proteinase inhibitor.
- 5. The method of claim 1 wherein the weight ratio of extraction solution to plant material is between about 1:1.5 and 1:4.
- 6. The method of claim 3 wherein the organic acid is formic acid and the salt is sodium chloride.
 - 7. The method of claim 1 wherein the plant material comprises potato tubers.

- 8. The method of claim 7 wherein the resulting average particle size of the tuber in the mixture is less than about $1000 \mu m$.
- 9. The method of claim 8 wherein the plant material comprises potato tubers, the resulting average particle size is less than about 1000 µm and the filtering step uses a filter having a screen size of between about 15 µm and about 100 µm.
- 10. The method of claim 9 wherein the proteinase inhibitor is potato proteinase inhibitor II.
- 11. The method of claim 1 wherein the comminuting step does not raise the temperature of the slurry above 90° C.
- 12. A method for extraction of a proteinase inhibitor II from raw potato tubers, comprising the steps of:
 - preparing an extraction solution by adding to water formic acid in a concentration between about 0.5 weight percent and about 2.5 weight percent and sodium chloride in a an amount to provide between about 0.3 and 5.0 normality;
 - (b) adding the potato tubers to the extraction solution in a weight ratio of between about 1:1 and about 1:10 extraction solution to potato tubers; and
 - (c) comminuting the plant material in the extraction solution to reduce the mean particle size of the plant material to between about 100 microns and about 1000 microns.
- 13. The method of claim 12 wherein the formic acid concentration is between about 1.2 and 1.7 weight percent, and the sodium chloride normality is between about 0.8 and 1.5.
- 14. The method of claim 12 wherein the weight ratio of extraction solution to potato tubers is between about 1:2 and 1/3.

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15. The method of claim 12 wherein the extraction solution is alcohol free.